

6

Lesreeks 6 : Leef gesond

Praat: Vertel 'n storie

This activity
should take you:

± 1 hour and 20
minutes

You will need:

- Lesson 2 (Skryf en aanbied: A narrative essay)
- A mirror to stand in front of when practising your speech
- Paper/cardboard to make key cards

Instructions:

- 1) You DO NOT have to write a new story for this activity! I want you to read through the story which you wrote when you did lesson 2 : A narrative essay.
- 2) Make key cards. (Key cards shouldn't be bigger than the palm of your hand.)
- 3) Practice re-telling the story which you wrote. (You should be able to re-tell the entire story after you've practiced it a few times. Eventually you should be able to re-tell the story without having to look at your key cards. *Practice this in front of a mirror. Keep the following in mind:
 - Your posture: Stand up straight, shoulders back and chin up when you speak.
 - Eye contact: DO NOT read the story from the page/key cards. Eye contact is important. Imagine the mirror is your audience! Making frequent eye contact will keep your audience glued to your lips.
 - Body language and facial expressions: You're allowed to use your hands to make gestures etc. But do not move around too much. An audience can be lost when you move too much. Let your face tell the story! Facial expressions are always important. This is how we keep our audience's attention.
 - Tone of voice: Remember to speak louder, softer, slower and faster throughout telling your story. Your voice is a very important aspect when telling a story. If you speak in one tone all the time you're going to sound boring.
 - If you have a cell phone you may record yourself when telling your story and then listen to yourself afterwards. You'll easily pick up your mistakes 😊